

CLAIMS

1. A portable stretching device for stretching calf muscles of a person, the device comprising:

a base member arranged to be supported on a supporting surface;

a foot plate suitably sized to support a single foot of the person thereon, the foot plate being pivotally mounted at a first end on the base member such that the foot plate is pivotal through a range of angles relative to the supporting surface; and

an adjustable support pivotally mounted on the base member, the support being pivotal between a stretching position wherein the support engages the foot plate such that the foot plate is supported above the base member at a fixed angle therebetween within the range of angles and a storage position wherein the foot plate is oriented substantially flat adjacent the base member.

2. The device according to claim 1 wherein the first end of the foot plate is pivotally mounted on a corresponding first end of the base member, the foot plate and base member each comprising a substantially rectangular plate.

3. The device according to claim 1 wherein the adjustable support comprises a rectangular plate member which is pivotally mounted on the base such that a free end of the plate member engages a bottom face of the foot plate at various locations, each corresponding to a fixed angle between the foot plate and the base member.

4. The device according to claim 3 wherein there is provided a plurality of stops mounted on the bottom face of the foot plate for engaging the free end of the adjustable support.

5. The device according to claim 3 wherein the adjustable support is pivotally mounted on a second end of the base member opposite a first end mounting the foot plate thereon.

6. The device according to claim 1 wherein there is provided a gripping member mounted on an upper face of the foot plate for gripping the foot of the person.

7. The device according to claim 1 wherein there is provided a gripping member mounted on bottom face of the base member for engaging the supporting 5 surface.

8. The device according to claim 1 wherein the adjustable support and the foot plate are mounted on opposing ends of the base member, a combined length of the adjustable support and the base member being substantially equal to a length of the foot plate such that the adjustable support and the base member form a 10 substantially flat and rectangular shape with the foot plate when collapsed in the storage position.

9. A portable stretching device for stretching calf muscles of a person, the device comprising:

15 a base member arranged to be supported on a supporting surface, the base member being substantially rectangular and having respective first and second ends;

20 a foot plate which is substantially rectangular in shape and suitably sized to support a single foot of the person on an upper face of the plate, the foot plate being pivotally mounted at a coupled end on the first end of the base member such that the foot plate is pivotal through a range of angles relative to the base member;

25 and an adjustable support pivotally mounted at a coupled end on the second end of the base member, the support being pivotal between a stretching position wherein a free end of the support engages a bottom face of the foot plate such that the foot plate is supported above the base member at a fixed angle therebetween within the range of angles and a storage position wherein the foot plate and the adjustable support extending therefrom are oriented substantially flat adjacent

the base member such that a combined length of the adjustable support and the base member is substantially equal to a length of the foot plate.